

How is MRSA Treated?

MRSA should always be treated by a health care provider. If you have active MRSA your healthcare provider may choose one or more treatment options which include:

- 1 - Drain the infection
- 2 - Prescribe antibiotics
- 3 - Reduce the amount of bacteria on your skin.

Do not attempt to drain a MRSA infection on your own. Doing so can push the infection deeper into the skin tissue, making it much worse. Draining the infection should only be done by a trained healthcare provider. Always keep the sore (site of the infection) covered with a clean dry bandage until it is completely healed.

If your doctor prescribes you antibiotics, be sure to take them exactly as directed, even if your infection looks and feels better. It takes the entire prescription to completely kill the bacteria.

Additional Resources

CDC web site
(Centers for Disease Control and Prevention)
www.cdc.gov/MRSA

Utah Department of Health web site
www.health.utah.gov/epi/diseases/MRSA



For More Information

Contact

The Utah Department of Health
Bureau of Epidemiology
(801) 538-6191
<http://health.utah.gov/epi/>

or

Your Local Health Department
<http://health.utah.gov/lhd/>

MRSA

Methicillin-resistant *Staphylococcus aureus*



Photo credit: Public Health Image Library (PHIL)

MRSA is a type of Staph bacteria that can cause serious infection and can become life-threatening if left untreated

What is MRSA?



MRSA stands for methicillin-resistant *Staphylococcus aureus*. It is a potentially dangerous type of Staph bacteria that is resistant to many antibiotics. MRSA can cause skin and other infections. By recognizing the signs & symptoms of MRSA and by receiving treatment in the early stages of an infection, the chances of the infection becoming severe are greatly reduced.

Signs & Symptoms of MRSA Skin Infections.



MRSA skin infections appear as a bump or infected area on the skin that at first can look very similar to a spider bite. The bump may be:

- * Red
- * Warm to the touch
- * Accompanied by a fever
- * Swollen
- * Full of pus or other drainage
- * Painful

How is MRSA Spread?



Anyone can get MRSA. Staph bacteria are commonly found on the skin and in the nose of many people. Usually these bacteria don't cause harm unless they get inside the body, for example, through a break in the skin. Because of this MRSA can be spread by touching someone's skin infection or personal items that they have used. MRSA infections are most likely to be spread in places where people are in close contact with each other (e.g. schools, locker rooms, etc.).

How to protect against getting MRSA.



MRSA is spread by direct skin-to-skin contact or by direct contact with shared items or surfaces that come into contact with someone else's infected skin. General hygiene and cleanliness will help to prevent the spread of MRSA.

- Practice good hygiene (e.g. wash hands regularly)
- Keep abrasions or cuts covered with a clean dry bandage until completely healed
- Don't pick at or touch wounds
- Avoid contact with other people's cuts or sores and any materials that have come in contact with them
- Avoid sharing personal items that come into contact with your bare skin (e.g. towels, razors, soap, etc.)
- Keep your environment clean, especially surfaces that are often touched with bare skin (example: gym/workout equipment)
- Know the signs and symptoms of MRSA and get it treated early